

# KIDNEY FUNCTION WAS RESTORED IN WOMEN WITH ACUTE RENAL FAILURE IN THE ARAL SEA REGION

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## ABSTRACT

*The disease "kidney failure" is a serious condition that develops against the background of other diseases or lesions and is characterized by impaired functioning of the kidneys. Depending on the severity and duration of the course, there are acute and chronic forms of renal failure. Pathology can affect people of any age and gender, but more often young women suffer from impaired kidney function.*

**Keywords:** kidneys, nephrotoxic drugs, renal tissue, kidney function

## 1. INTRODUCTION

In most cases, the cause of renal failure is a violation in the organ itself, caused by factors of the external or internal environment. However, diseases that are absolutely unrelated to the kidneys can also provoke pathology. The most common reasons include:

- Congenital pathologies of the kidney structure;
- Chronic diseases in the body — diabetes mellitus, autoimmune diseases, cirrhosis of the liver or liver failure, urolithiasis;
- Inflammatory kidney diseases that were not treated or occurred with complications;
- Malignant neoplasms in the renal tissue;
- Blockage of the ureters with concretions, as a result of which there is a delay and accumulation of urine in the kidneys, overgrowth of the organ and the formation of pathology;
- Chronic glomerulonephritis;
- Intoxication of the body;
- Massive blood loss or a decrease in the volume of circulating blood, for example, with burns;
- Poisoning with chemicals and poisons;

Self-treatment with nephrotoxic drugs, long-term use of antibiotics or other medications, without a doctor's appointment.

Signs of renal failure in women largely depend on the degree of dysfunction of the organ:

-Initial degree — at this stage, there are no clinical symptoms, but pathological changes are already occurring in the tissues of the organ;

-Oliguria stage-symptoms appear and increase: the amount of urine released per day decreases, lethargy, lethargy, nausea, vomiting, palpitation, shortness of breath, cardiac arrhythmia, abdominal pain appears (the duration of this stage is up to 10 days);

-Polyuria stage — the patient's condition returns to normal, the daily volume of urine increases and often corresponds to physiological indicators, but at this stage it is possible to develop infectious and inflammatory diseases of the urinary system;

Stage of rehabilitation-the kidneys begin to function fully and are almost completely restored. If

a large number of nephrons were damaged during acute renal failure, then full restoration of the organ's function is impossible.

The chronic form of the disease develops as a result of the progression of acute renal failure. The condition is characterized by the destruction and death of the kidneys (glomeruli, nephrons, and parenchyma), as a result, the organ cannot perform its functions — this leads to violations in the work of other vital organs.

## 2. MAIN PART

Depending on the degree of damage to the renal tissue and the severity of the patient's condition, there are several stages of chronic renal failure with different symptoms:

-Stage of latent course (latent) - there are no clinical manifestations of the disease, so the patient does not know about his condition-however, with increasing physical exertion, weakness, dry mouth, drowsiness, lethargy, rapid fatigue, urinary excretion in an increased amount occur;

-clinical stage — at this stage, there are clinical symptoms of intoxication of the body: nausea, vomiting, pallor of the skin, lethargy, drowsiness, lethargy, a sharp decrease in the volume of urine, diarrhea, the appearance of bad breath, tachycardia, cardiac arrhythmia, headaches;

-Decompensating stage-complications in the form of frequent respiratory diseases, inflammatory infections of the urinary tract are added to the signs of general intoxication of the body;

-Compensation stage — or terminal stage) - there is a decline in the functions of vital human organs, resulting in a fatal outcome. Clinically, this stage is manifested by symptoms of severe intoxication of the body, impaired functioning of all organs, bad breath, jaundice of the skin, the development of neurological disorders.

At the first appearance of such signs, you should immediately consult a urologist.

The earlier kidney failure is detected and treated, the higher the chances of a complete recovery of the patient. The acute form of the disease is a reversible condition, for the treatment of which it is important to determine the causes of organ dysfunction. If kidney failure is not treated, the patient quickly becomes fatal.

This patient guide is based on the 2017 treatment guide "prevention and management of patients with chronic kidney disease" and the topics discussed therein, together with recommendations. The recommendations of the guidelines for patients were compiled taking into account the results of an analysis of the scientific literature based on the principles of evidence-based medicine. In this patient guide, you will find the recommendations that are most important from the patient's point of view. The patient guide was developed in collaboration with nephrologists and takes into account the capabilities of the health system. The clarity of the text of the patient guide and the importance of the topics described were also appreciated by patients, and feedback from them helped to complete this guide.

The patient guide is intended for patients with chronic kidney disease, as well as their loved ones. The patient guide explains the nature of the disease and its possible causes, diagnosis, types of treatment and possible complications. The guide also tries to answer questions about nutrition and daily lifestyle.

Chronic kidney disease is a slow-moving disease and in the initial stages does not cause the patient particularly many complaints. The group of diseases with chronic kidney disease includes a number of kidney diseases in which renal function decreases over several years or decades. If you are diagnosed with chronic kidney disease, it may happen that you need to make changes to your lifestyle and diet to keep kidney function at the proper level. You yourself can do a lot to help the treatment.

Usually a person has two kidneys, which resemble the shape of a bean and are adjacent to the posterior abdominal wall under the ribs. Both kidneys are the size of a man's clenched fist.

### Healthy kidneys:

- deal with the removal of metabolic end products and excess fluid from the body
- help keep blood pressure under control
- help produce red blood cells
- help keep bones healthy

Imagine that your kidneys are a coffee filter. When coffee is made, the filter holds the coffee powder, but at the same time allows the liquid to move through it.

The kidneys do something similar – they retain, leave the necessary substances in the body, but at the same time filter out unnecessary substances from the body. The end products of metabolism that filter out the kidneys appear in the body during the breakdown processes associated with nutrition, drinking, taking medications, and normal muscle work.

Each kidney contains about a million small filters called glomeruli. In the glomeruli, primary urine is formed, which flows through small tubules, where some of the fluid is absorbed back. The functional unit of the kidney is the nephron-a specific structure consisting of a glomerulus and a system of tubules. Nephrons remove residual substances and excess fluid from the blood in the form of urine into the renal pelvis, then the urine is transferred to the ureters, and after that – to the bladder.

In the case of chronic kidney disease, renal function deteriorates – the kidneys can no longer filter enough residual substances and purify the blood. The ability of the kidneys to filter is evaluated on the basis of a special indicator - the glomerular filtration rate (GFR).

Chronic kidney disease is a slow-moving disease and in the initial stages does not cause the patient particularly many complaints. The group of diseases with chronic kidney disease includes a number of kidney diseases in which renal function decreases over several years or decades. With the help of timely diagnosis and treatment, it is possible to slow down and even stop the progression of kidney disease.

In international studies of kidney function in many people, it was found that almost one in ten was found to have impaired kidney function to some extent.

The most common causes of chronic kidney disease are diabetes, high blood pressure, and glomerulonephritis.

Diabetes – in the case of this disease, various organs are damaged, including the kidneys and heart, as well as blood vessels, nerves and eyes. With long-term diabetic kidney damage, many patients have high blood pressure and need to apply appropriate treatment.

High blood pressure (hypertension, primary arterial hypertension) – during hypertension, blood pressure cannot be controlled and it begins to exceed the normal limits (more than 140/90 mm hg). If this condition is permanent, it can cause chronic kidney disease, brain stroke, or myocardial infarction.

Glomerulonephritis is a disease that occurs due to a violation of the immune system, during which the filtration function of the kidneys is disrupted by immune inflammation. The disease can affect only the kidneys, and can spread to the entire body (vacuities, lupus nephritis). Glomerulonephritis is often accompanied by high blood pressure.

If you are diagnosed with chronic kidney disease, it may cause negative feelings at first. Information about the diagnosis can initially cause shock, it can be difficult to believe - there may be anxiety in connection with any particular situation (for example, examination, procedure) or in general (loss of control over your life, reduced quality of life).

### 3. CONCLUSION

A person can get angry, blame others and deny the situation - these are the primary normal emotions, but after some time the person must begin to recognize the disease and get used to it. After

that, you can already cope with the necessary life changes coming from chronic kidney disease. If negative feelings remain strong for a long time and are the cause of daily problems, you should definitely tell your doctor about them. At a doctor's appointment, it is easier to talk about what is the cause of physical discomfort: fatigue, poor health, dizziness, etc. It is always more difficult to talk about your feelings and they try to avoid it. Taking care of the psychological state is also important, recognizing your feelings and being able to speak out about them allows us to get rid of them, and the doctor will be able to find an opportunity to help you.

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